



Parent Talk Newsletter

A bi-monthly publication of South Windsor Youth & Family Services

“Creating and fostering opportunities for South Windsor youth and their families to learn and grow in positive ways”

We are located at
150 Nevers Road
The Charles N Enes/SW
Community Center



Youth & Family Services is a division of the Human Services Department



[www.facebook.com
SWYouthFamily](http://www.facebook.com/SWYouthFamily)

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Let's ALL **SPEAK UP** and start conversations that can help keep our kids substance free.

Parents of 5th to 8th graders are invited to join us for an evening of information sharing. Our guest speaker, Dr. Ruth Potee, Board Certified Family & Addiction Medicine Physician from Greenfield, MA will present important information that all parents should know. School Resource Officers, Tina Roy (TEMS) & Ben White (SWHS) will also speak about current alcohol and drug trends.

FRIDAY, April 27th at TEMS Auditorium 6:40pm to 8:20pm

You will learn about the following:

- What every parent should know about your tween/teens brain development
 - What is normal risk taking behavior
 - How marijuana impacts the adolescent brain
- How to start conversations with your kids about drugs and alcohol
 - The risk factors in your family
- Some alternate options if your child is prescribed opioids for pain management
- What dabs, Juuls, oils and vape pens are, what they look like and why they are dangerous



For more information, contact Kathy Reed, School Outreach Coordinator at Kathy.reed@southwindsor.org or at 860-648-5030, ext. 2209.

14th Annual Grandparent & Grandchild Pancake Bingo Breakfast

THURSDAY, April 12th 2018
(school vacation week)

8:30-9:00 BREAKFAST 9:00-10:00 BINGO

Breakfast includes pancakes, sausage, coffee and juice



Then stay for the 10:30 Horizon Wings Birds of Prey Show

To purchase tickets, visit Eventbrite.com and search South Windsor Youth & Family Services

\$7.00 Adult \$5.00 Child (0-18)

Tickets will not be sold at the door



SWAN Parenting PROGRAMS

All SWAN Programs are held at the SW Community Center at 150 Nevers Road, unless otherwise stated.
To register for any of the programs below or for more information, contact
Kelly McKenney at 860-648-6361 x320

Guest Speaker: Exploring Typical and Atypical Feeding Development: How to Help your Child Grow

About the Speaker: Diane Lombardi is a pediatric registered dietitian with ProHealth Physicians Healthy Me Program. Healthy Me is a nutrition and wellness program designed by dietitians and doctors to help children and their families eat well, stay active and form lifelong healthy habits. She is especially passionate about working with feeding difficulties and feeding behaviors in young children.

Location: South Windsor Community Center, 150 Nevers Rd.

When: Monday, March 5th from 6:00-7:30 pm.

Mother Daughter Circle

Kelly McKenney, Parent Educator, and Robin Lagasse, Youth Counselor, would like to invite you and your daughter (grades 4 and 5) to participate in a 5 week group designed to strengthen the mother/daughter bond. The goal of this group is to help promote girls' healthy and safe passage into young womanhood. Our sessions will focus on: Empathy and understanding, healthy communication, stress reduction skills, clear and reasonable limit setting, expectations, boundaries, accountability, relationship success strategies and affirmations

Dates: 3/8, 3/15, 3/22, 3/29, 4/5

Time: 6:00-8:00 P.M

Location: South Windsor Community Center, 150 Nevers Road

Cost: \$30.00 Space is limited!

Register on [Eventbrite.com](https://www.eventbrite.com)

Search South Windsor Youth & Family Services

Relatives Raising Children Support Group

This is an ongoing support group for any relative raising a child. This group offers support and education. We meet the last Tuesday of every month, from 10:00- 11:30. Our next Meeting will be on March 27th 2018. Please call in advance to verify our meeting location. Coffee and light refreshments provided.

Monday Morning Parent Child Playgroup

Come meet other parents in the community! Have fun while bonding with your child through meaningful activities! Opportunities for your child to socialize with other children. Light snack provided.

Location: South Windsor Community Center Gymnasium

When: Most Monday's from 10:30-11:30

Cost: Donations greatly appreciated and used for snacks, toys and craft supplies

April is Child Abuse Prevention Month: SAVE THE DATES!

Join South Windsor Youth and Family Services in making our community a better place for our children to live. Various activities will be offered throughout the month of April to spread awareness for child abuse prevention.

All classes and activities are free and open to the entire community!

April 2: Ice Cream Social and pinwheel planting at South Windsor Community Center, 6:00-7:30 pm. In recognition of child abuse awareness.

April 19th: Tie One on Day. Wear a silly tie or the color blue to raise awareness for child abuse prevention.

April 26th: Join Youth and Family Services and South Windsor Police Department in a discussion on how to protect our children from hidden dangers in our communities and prevent our children from falling victim to predators. Location: South Windsor Community Center. When: 5:30-7:30 pm



ICE CREAM SOCIAL at the TEEN CENTER !

Wednesday, April 11th from 3:30 to 6:30

Do you have a child currently in the 5th grade? Do you want to know what we do here?

Please join us for an open house ice cream social just for current 5th graders!

Play games, have some ice cream, meet our staff! ALL FREE!

Questions? Contact Liane, Teen Center Program Coordinator

Friday Nights at the Teen Center is Middle School Night! 6pm to 9:30pm

Parent/guardian must register and come in to sign youth out

Check out our events for March and April



MARCH EVENTS

- March 2 Wii Tournament
- March 9 Arts, Crafts & Charades
- March 16 Minute to Win-it Challenges!
- March 23 Game Night!
- March 30 CLOSED

APRIL EVENTS

- April 6 Games Galore!
- April 13 Ice Cream Social
- April 20 Earth Day Celebration
- April 27th—Tournaments and Trivia

To register or for more information any Teen Center program, contact Liane Lussier Smith at liane.lussiersmith@southwindsor.org or 860-648-6360

**Youth & Family Services
Staff**

Director:

Liz Langevin, LMSW

Teen Center Program

Coordinator:

Liane Lussier Smith, LCSW

**Parent Educator/
SWAN Coordinator:**

Kelly McKenney, LMSW

School Outreach

Specialist:

Kathy Reed

Youth & Family

Counselor:

Robin Lagasse, LCSW

Youth & Family

Counselor:

Nikki Lengyel, LMSW

GIRLS Connection, Adventure, Respect, Exploration

April Vacation Edition

For girls currently in 4th and 5th grade

Girls Care is a two day program that will empower girls to be their best. Join us for outdoor adventures, hands on activities and strengthening friendship skills.

Monday April 9th & Tuesday April 10th

9am to 2pm on both days

Lunch will be provided

Cost \$40

Space is very limited.

Register on Eventbrite.com

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Any questions, please contact Liz at liz.langevin@southwindsor.org or 860

-648-6361 x331



LGBTQ Night at the Teen Center

For ages 14-18

Be Yourself. Get Support. Have Fun!

Every 2nd and 4th Tuesday of the Month from 7pm to 8pm

Next meeting is on March 13th

Join us in an open, safe and friendly environment to simply be yourself.
There will be games, open discussions, resources and snacks!

For more information, contact Nikki at Nikki.lengyel@southwindsor.org or 860-648-6361 x318

SAVE A LIFE

Community Education on NARCAN

Training will include: overdose prevention strategies, signs and symptoms of overdose, how to administer naloxone, good samaritan law, local resources

Date: March 27th at 7pm

South Windsor Community Center

Registration encouraged for Narcan kit distribution purposes

Register at Eventbrite.com Search South Windsor Youth and Family Services

* What is Narcan™

Narcan (naloxone) is an opiate antidote. Opioids include heroin and prescription pain pills such as oxycodone, codeine and morphine. Narcan is a prescription medicine that blocks the effects of opioids and reverse the overdose.